

In this issue

Mini Review

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## The use of fenugreek supplementation in diabetes

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Author(s): Aamir Jalal Al Mosawi\*

Dietary health supplements have increasingly used in the prevention and treatment of chronic disorders. During the previous decades, fenugreek (*Trigonella foenum-graecum*) seeds have been reported to have hypoglycemic and cholesterol lowering effects when used in type 1 and type 2 diabetes mellitus patients, and in experimental diabetic animals. The aim of this paper i ...

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Case Study

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## Diabetes Mellitus: A stitch in time saves Nine Early Diagnosis and Management minimizes complications- A Case Study

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Author(s): Akshay Kumar\* and K Suresh

Diabetes mellitus is a group of metabolic diseases in which the person has high blood glucose level, either due to inadequate insulin secretion or because the body's cells do not respond properly to the insulin or both. It has multiple aetiology characterised by hyperglycaemia, and disturbances of carbohydrates, proteins, and fat metabolism. For many years it can be s ...

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